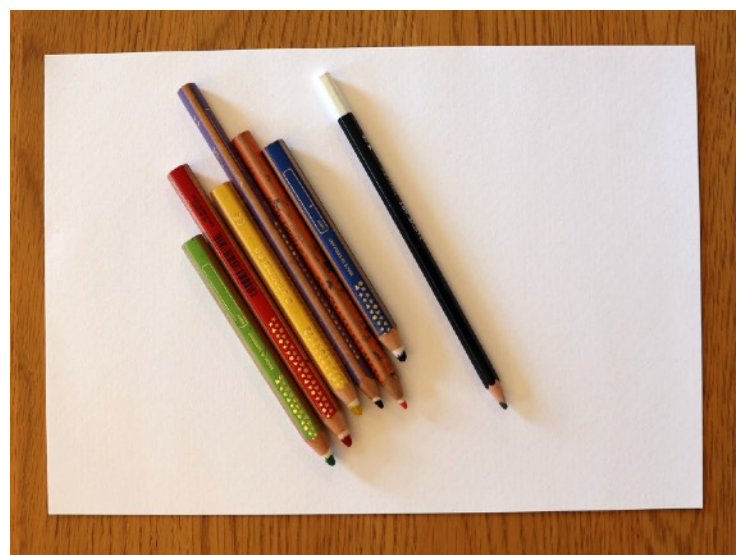# Positive Pause

Some of you might have touched upon mindfulness at school or at home, "Positive Pause" is a way to ground ourselves if we aren't feeling good in that moment, if we feel stressed or anxious it can be a good way to anchor our emotions

Tools and Materials:

- White Paper
- Pencil
- Colouring Pencils

To do this you can draw yourself or a character you like in the middle and then for a "Positive Pause" we can think about using your senses to centre yourself - 5 things you can see, 5 things you can smell, 5 things you can touch, 5 things you can hear and a simple breathing exercise. Start sketching out like so and then colour in when you are happy with your creation - make sure to leave space to write in the the things you can do as the "Positive Pause"

Start thinking about the things you can see, smell, hear and touch - fill them in, as you are using a pencil you can also use it to outline too as well are write
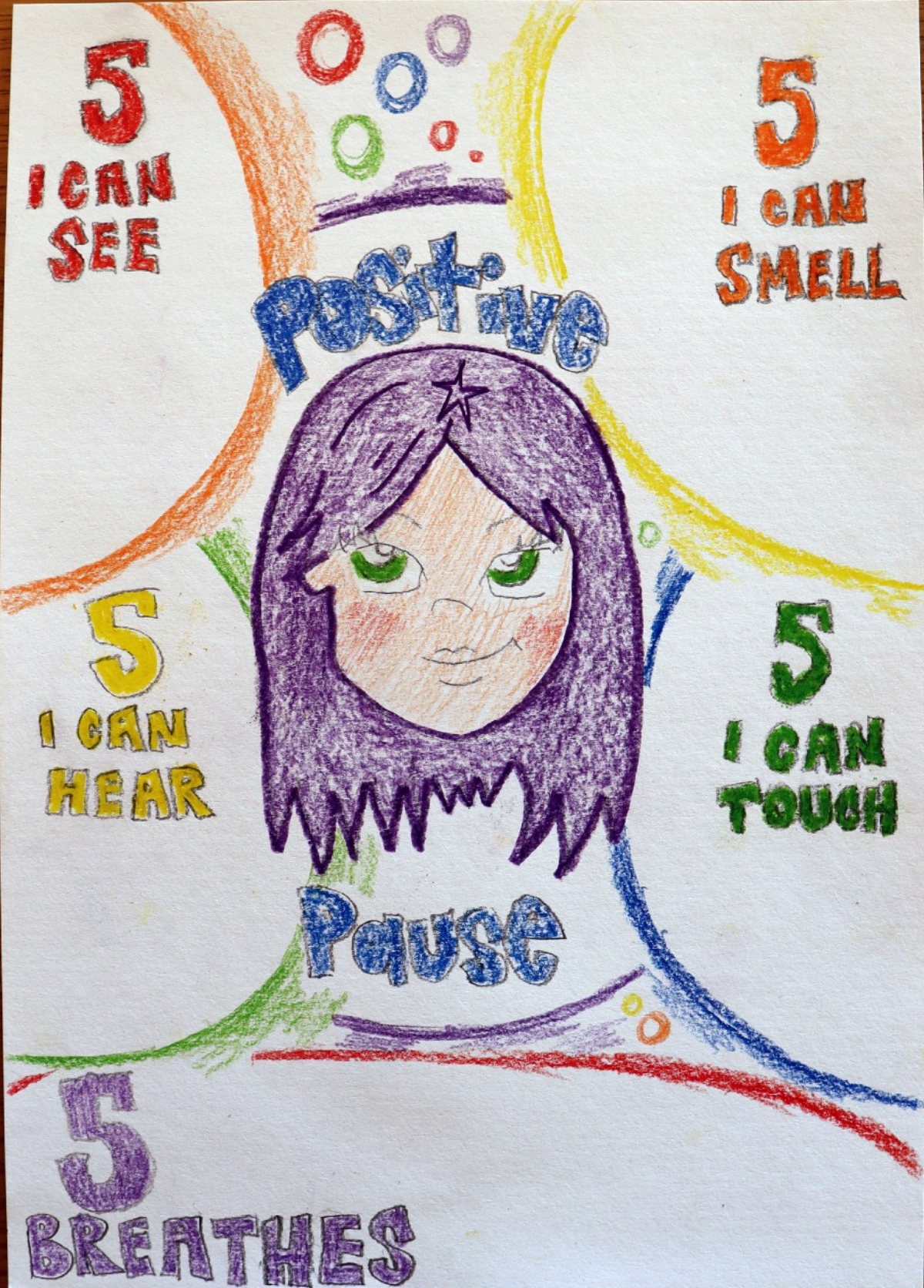
There you have it your very own "Positive Pause" poster!